

# Youth & Teen Programs

## Contacts & Satellite Centers

### Andersen Jr. High School

1255 N. Dobson Rd. (north of Ray Rd.)  
Erica Berry, Recreation Coord. I, (480) 782-2718

### Santan K-8 Campus

1550 E. Chandler Heights Rd. (east of McQueen Rd.)  
Sara C de Baca, Recreation Coord. II, (480) 782-2712

### Snedigar Recreation Center

4500 S. Basha Rd. (E. of Alma School, S. of Ocotillo Rd.)  
Mark Clavell, Recreation Coord. I, (480) 782-2641

### Willis Jr. High School

401 S. McQueen Rd. (McQueen and Frye roads)  
Sara C de Baca, Recreation Coord. II, (480) 782-2712

## Leadership Programs

### MAYOR'S YOUTH COMMISSION

The Youth Commission is an advisory group to the Mayor and Council. Their objectives are to provide service to the community, develop personal leadership skills and most importantly - to give a voice to the youth of Chandler.

If you want to make a difference and represent the young people of Chandler, then apply for membership on this commission. Any Middle School, Junior High or High School student who lives in Chandler is eligible. You can call (480) 782-2712 to receive an application in the mail or you can download the application from the City's Web site, [www.chandleraz.gov/teens](http://www.chandleraz.gov/teens)

Regular Youth Commission meetings are open to the public and held the second Thursday of each month at 6 p.m. at the Community Center.



## Theater Classes for Teens

### PUPPETRY & PERFORMANCE

This is an intensive workshop series that explores puppet construction and puppet performance. Students will create their own collection of puppets, including: rod puppets, sock puppets, box mouth puppets, "junk" puppets. Students will learn how to use their puppets in performance and create a puppet show to share with family and friends on the last day. Class fee is \$30.

Instructor: Lauren Spear

Location: Santan K-8, Cafeteria

3801.434	Tu/Th	6/8-6/24	6-8 p.m.	12-16 yrs
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### STORYTELLING

Students will learn the technique and performance styles of storytelling. The focus of this class will be developing skills while using story literature from fairytales, legends, and myths. Students will also create a storytelling piece based on their own life. Family and friends are invited to an informal storytelling session on the last day. Class fee is \$30 for Mon./Wed. and \$17 for Mon.-Thurs. classes.

Instructor: Lauren Spear

Location: Santan K-8, Cafeteria

3802.424	M/W	6/7-6/23	6-8 p.m.	15-18 yrs
3803.424	M-Th	7/12-7/15	12:30-2 p.m.	12-14 yrs

### CREATIVE DANCE

This class explores the basic components of creative dance. Students will learn elements of performance and movement that are focused in choreography and interpretation. This class is great for students who have been interested in learning to move and dance, but haven't had the chance. Class fee is \$12.

Instructor: Lauren Spear

Location: Santan K-8, Cafeteria

3804.434	M-Th	6/28-7/1	5:30-6:30 p.m.	12-15 yrs
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### MONOLOGUE DEVELOPMENT & AUDITION TECHNIQUES

This class is ideal for anyone interested in auditioning for the stage or developing public speaking skills. Students will learn techniques, receive coaching in developing a monologue, and will learn how to become more comfortable and prepared when auditioning. Class fee is \$12.

Instructor: Lauren Spear

Location: Santan K-8, Cafeteria

3805.424	M-Th	6/28-7/1	6:30-7:30 p.m.	15-18 yrs
3803.424	M-Th	7/12-7/15	11:30-12:30 p.m.	12-14 yrs



## Teen Recreation Centers

### TEEN SITES AND ACTIVITIES

The Recreation Division runs programs for teens at:

- ♦Andersen Jr. High (Dobson & Ray),
- ♦Willis Jr. High (Frye & McQueen)
- ♦Santan K-8 Campus (Chandler Heights & McQueen).

We offer drop-in sports, weight rooms, board games, ping pong, foosball, video games, movie nights, Karaoke nights, music, dances, lock-ins, food, fun and more. We also plan field trips all over the Phoenix metro area and beyond.

Each site has a Teen Council that helps to plan activities and run the sites. The sites are for high school students as well as junior high students. Most of the programs are free.

We invite Chandler teens to check out these sites - there is something for everyone!

### Drop-In Times at all three Teen Center sites:

**Monday-Thursday, 5 to 9 p.m.**

**Saturday, 10 a.m. to 2 p.m.**

### SNEDIGAR REC CENTER TEEN ROOM

The Teen Room is open to teen's in grades 6-12 and is equipped with a pool table, foosball, ping pong, air hockey, 36" screen TV, stereo system, and Play Station 2 with more than 25 games to choose from. Come hang out and enjoy all the things the Teen Room has to offer!

#### Snedigar Teen Room Hours:

Monday through Thursday.....3-9 p.m.

Friday.....1-5 p.m.

Saturday.....9 a.m.-2 p.m.

### TWEEN TIME

The Snedigar Teen Room will be open to youth in 4th and 5th grade on Tuesdays, Wednesdays and Thursdays from 3:30pm to 5:30pm. Participants will be able to participate in billiards games, ping pong, air hockey, movie days, Play Station 2 games and much more. For more information please contact 782-2640.

### CHANDLER SKATE PARK (ESTABLISHED 2000)

The 33,800-square-foot Skatepark at the Snedigar Sportsplex is for all skaters no matter how skilled. This is a free, non-supervised facility for use by skateboarders and in-line skaters. Amenities include concrete bowls, decks, blocks, and metal rails, as well as a ramada and playground adjacent to the Skate Park. The facility is a use-at-your-own-risk park and is open to the public daily. Hours are 8 a.m.-10:30 p.m. The facility is closed until 3 p.m. on the last Wednesday of every month for maintenance and repairs.

### SNEDIGAR SKATE CLUB

The Snedigar Recreation Center is looking to start an all new skate club for teens in grades 6-12. Individuals interested in skating at other valley parks are encouraged to sign up at the Snedigar Recreation Center. For more information on the skate club please call 782-2640.

## Gym & Weight Room Access



### OPEN GYM

The gymnasium at these facilities are open to teens and adults, ages 12 and older, free of charge. Please, no children younger than 12. Participants must adhere to facility and program rules. Locations and hours:

- ♦Andersen Jr. High, 1255 N. Dobson  
Mon. & Wed., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.
- ♦Willis Jr. High, 401 S. McQueen Rd.  
Mon. & Wed., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.
- ♦Santan K-8, 1550 E. Chandler Heights Rd.  
Mon. & Wed., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.



### OPEN WEIGHT ROOM

The weight rooms at these facilities are open to teens and adults, ages 12 and older, free of charge. Please, no children younger than 12. Participants must adhere to facility and program rules. Locations and hours:

- ♦Andersen Jr. High, 1255 N. Dobson  
Mon.-Thurs., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.
- ♦Basha High School, 5990 S. Val Vista Dr.  
Mon.-Thurs., 6 to 8 p.m.
- ♦Willis Jr. High, 401 S. McQueen Rd.  
Mon.-Thurs., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.
- ♦Santan K-8, 1550 E. Chandler Heights Rd.  
Mon.-Thurs., 6 to 9 p.m.; Sat., 10 a.m. to 2 p.m.

# Youth & Teen Programs

## Youth Summer Recreation Program

**Monday-Thursday, June 7 to July 16, 2004**

Don't let your kids be bored all summer- enroll them in our fun and affordable youth summer recreation program! Our qualified staff will engage participants in sports, games, arts and crafts, skits and special events. We will also go swimming on a weekly basis. Morning, afternoon, or full-day sessions are available. (No program on July 5)

These are drop-in recreation programs designed for boys and girls ages 6-12. Participants may come and go on any days during the session for which they are registered.

### Erie Elementary

1150 W. Erie St., Chandler

(West of Alma School Rd. between Chandler Blvd. and Ray Rd.)

3101.424	M-TH	7:30 a.m.-5:30 p.m.	(\$419)
3102.424	M-TH	7:30 a.m.-Noon	(\$233)
3103.424	M-TH	1 p.m.- 5:30 p.m.	(\$233)

### Humphrey Elementary

125 S. 132nd St., Chandler

(East of Cooper Rd. and South of Chandler Blvd.)

3104.424	M-TH	7:30 a.m.-5:30 p.m.	(\$419)
3105.424	M-TH	7:30 a.m.-Noon	(\$233)
3106.424	M-TH	1 p.m.- 5:30 p.m.	(\$233)

### Weinberg Elementary

21221 S. Val Vista Rd., Chandler

(between Queen Creek and Ocotillo roads)

3107.424	M-TH	7:30 a.m.-5:30 p.m.	(\$419)
3108.424	M-TH	7:30 a.m.-Noon	(\$233)
3109.424	M-TH	1 p.m.- 5:30 p.m.	(\$233)

### Snedigar Recreation Center

4500 South Basha Road

5125.424	M-TH	8:30 a.m.-3:30 p.m.	(\$294)
5126.424	M-TH	8:30 a.m.-11:30 a.m.	(\$156)
5127.424	M-Th	12:30 p.m.-3:30 p.m.	(\$156)

\*Limited Enrollment

## Summer Rec. Field Trips

**Fridays, June 11- July 16 (six trips) - \$86**

Mesa Youth & Southwest Museums, Movies & Peter Piper Pizza, Broadway Palm Theater, Makutu's Island, Arizona Science Center, and Sunsplash. T-shirt included. \*You do not have to be registered for the Summer Recreation Program in order to participate in the Field Trips.

3110.464	F	Erie Elem.	7:30 a.m.-5:30 p.m.
3111.464	F	Humphrey Elem.	7:30 a.m.-5:30 p.m.
3112.464	F	Weinberg Elem.	7:30 a.m.-5:30 p.m.
5128.464	F	Snedigar Rec.	7:30 a.m.-5:30 p.m.

## Summer Rec. Special Classes

### Sports Academy

**June 8 - July 15 - \$17**

This class will develop basic game skills and confidence in a variety of physical education activities.

3113.434	Tu	Erie Elem.	8-8:45 a.m.
3114.444	W	Humphrey Elem.	8-8:45 a.m.
3115.454	Th	Weinberg Elem.	8-8:45 a.m.

### Hip Hop

**June 8 - July 15 - \$17**

Participants will learn various styles of dance and will get to dance to some of their favorite modern music.

3116.434	Tu	Erie Elem.	9-9:45 a.m.
3117.444	W	Humphrey Elem.	9-9:45 a.m.
3118.454	Th	Weinberg Elem.	9-9:45 a.m.

### Jazz Dance for Beginners

**June 8 - July 15 - \$17**

Students will build their flexibility and learn different types of leaps and turns.

3119.434	Tu	Erie Elem.	10-10:45 a.m.
3120.444	W	Humphrey Elem.	10-10:45 a.m.
3121.454	Th	Weinberg Elem.	10-10:45 a.m.

## End of School Bash at the Pool!

**Attention all Chandler**

**junior high school students.**

**You are invited to a free pool party  
to celebrate the end of the  
school year!**

**Hamilton Aquatic Center**

**June 5, 2004, 7 to 10 p.m.**

**Come out and play!**

**Call (480) 782-2641 for details.**

**All registrations for Youth Summer Recreation,  
Field Trips and Special Classes are due by May 28.**

**Even if you are registering for individual activities,  
ALL REGISTRATION is DUE on May 28  
for ALL activities for the entire summer.**

**Leisure opportunities for teens  
provide positive lifestyle choices  
and alternatives to  
self-destructive behavior.**

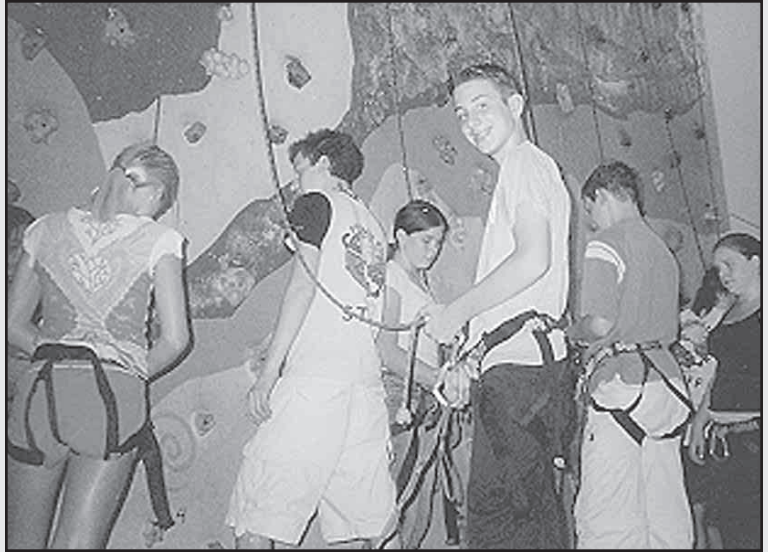
## Teen Adventure Camp

**Monday - Friday, June 7 to July 16**

Don't spend all summer sitting on the couch in front of the TV. Come check out Teen Adventure Camp! Sign up with a friend, meet new people, go on field trips and just have fun!

Teen Adventure Camp is a six-week summer program for teens ages 12 - 15. It runs Monday through Friday, 9 a.m. TO 4:30 p.m. and is located at Andersen Jr. High School, 1255 N. Dobson Rd., just north of Ray Road. Each week is broken down into themes and you may register for the entire summer or for individual weeks. We will go swimming once a week at Arrowhead Meadows Pool and go on Teen Scenes Summer Field Trips on Fridays. Field trips are included in the registration price. We also offer the convenience of a pick-up and drop-off point at Santan K-8, 1550 E. Chandler Heights Road, for those families in south Chandler. Participants will be picked up 8:30 a.m., and drop-off is at 5 p.m. daily. We do offer an afternoon half-day camp, but we cannot provide transportation in the middle of the day.

Registration for full-day, individual weeks is \$80 per week. Registration for the full-day, six-week camp is \$394, a savings of \$86. Registration for half-day, individual weeks is \$42 per week. Registration for the half-day, six-week camp is \$223, a savings of \$29. Remember that these fees include swimming, field trip fees and all supply fees. In addition to themed activities, there will be plenty of sports and games each week.



### FULL DAY CAMP, 9 a.m. - 4:30 p.m.

4210.424	Week 1, June 7-11 - Sports Spectacular,	\$80
4211.424	Week 2, June 14-18 - Nutty Professors,	\$80
4212.424	Week 3, June 21-25 - Innovate & Create,	\$80
4213.424	Week 4, June 28-July 2 - Krazy Kamp,	\$80
4214.424	Week 5, July 6-9 (no camp 7/5) - Flashback	\$80
4215.424	Week 6, July 12-16 - Outdoor Adventure,	\$80
4216.424	Full Camp - all six weeks,	\$394

### HALF-DAY CAMP, 12:30 p.m. - 4:30 p.m. (same themes as full-day Camp)

4217.424	Week 1, June 7-11,	\$42
4218.424	Week 2, June 14-18,	\$42
4219.424	Week 3, June 21-25,	\$42
4220.424	Week 4, June 28-July 2,	\$42
4221.424	Week 5, July 6-9 (no camp 7/5)	\$42
4222.424	Week 6, July 12-16,	\$42
4223.424	Full Half-Day Camp - all six weeks,	\$223

**All registration for Teen Adventure Camp and Teen Scenes Summer Field Trips are due by May 28.**

**Even if you are registering for individual weeks or trips - ALL REGISTRATION is DUE on May 28 for ALL activities for the entire summer.**

[www.chandleraz.gov/teens](http://www.chandleraz.gov/teens)

## Teen Scenes Summer Field Trips

The following are the field trips that Teen Adventure Camp participants will go on, but they are also open to any teen who is interested. All field trips are on Fridays, and leave and return from Andersen Junior High School. Exact times will be printed on your receipt, but most trips will be in the afternoon. Each trip is \$13

4224.464	June 11	Phoenix Rock Gym	Noon-5 p.m.
4225.464	June 18	Ice Skating @	
		Desert Schools Coyotes Center	Noon-5 pm
4226.464	June 25	Stratum Laser Tag	Noon-5 p.m.
4227.464	July 2	Movies & Mall	Noon-5 p.m.
4228.464	July 9	Bowling & Pizza	Noon-5 p.m.
4229.464	July 16	Sunsplash	9 a.m.-5 p.m.



## Teen & Adult Classes

### Contacts & Class Locations

#### Chandler Community Center

125 E. Commonwealth Ave.

Mike Luketich, Recreation Coord. I, (480) 782-2730

#### Andersen Jr. High School

1255 N. Dobson Rd. (north of Ray Rd.)

Erika M. Berry, Recreation Coord. I, (480) 782-2718

#### Santan K-8 Campus

1550 E. Chandler Heights Rd. (east of McQueen Rd.)

Abel Mendoza, Recreation Coord. I, (480) 782-2705

#### Snedigar Recreation Center

4500 S. Basha Rd. (E. of Alma School, S. of Ocotillo Rd.)

Mark Clavell, Recreation Coord. I, (480) 782-2641

#### Willis Jr. High School

401 S. McQueen Rd. (McQueen and Frye roads)

Abel Mendoza, Recreation Coord. I, (480) 782-2705

### Animals & Pets

**NO  
CLASSES  
JULY 5**

#### DOG OBEDIENCE - BEGINNERS

Your dog will learn to heel, sit, stand, down, come when called and finish. Dog must be at least 4 months of age and current on all shots. Please bring a 6' lead and properly fitted collar, both of which can be purchased at class. This class runs for five weeks at Snedigar Bark Park, 4500 S. Alma School Rd. For further information call Tanya Roche at (480) 892-9402. Class fee is \$50.

Instructor: Desert Dog Obedience

Location: Snedigar Bark Park, 4500 S. Alma School Rd.

5303.424	M	6/7-7/19	7-8 p.m.	12 yrs+
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#### DOG OBEDIENCE CLASS - ADVANCED/NOVICE

This class is for dog owners who wish to compete in obedience novice events and have completed a beginner and advanced/beginner class. Off-lead healing, recalls, fronts and finishes, distance sits, stays and down stays will be covered as well as ring procedures and fun jumping. This class runs for five weeks at Snedigar Bark Park, 4500 S. Alma School Rd. For further information call Tanya Roche at (480) 892-9402. Class fee is \$30.

Instructor: Desert Dog Obedience

Location: Snedigar Bark Park, 4500 S. Alma School Rd.

5304.424	M	6/7-7/19	8-9 p.m.	12 yrs+
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### Arts & Crafts

#### CERAMICS

Introducing basic clay construction techniques with an emphasis on decorating and glazing methods. Students will experiment with slab, coil, and wheel throwing. We will also create fired stoneware pottery. A \$12 supply fee is due to the instructor the first class. Clay is available to purchase from the instructor for \$10. Class fee is \$37.

Instructor: Jed

Location: Community Center, Room 107

1301.424	M	6/7-7/19	7-9 p.m.	15 yrs+
1302.444	W	6/9-7/14	7-9 p.m.	15 yrs+

#### MORNING CERAMICS

Wake up! Guys and gals, the coffee is on! Lets throw pots till noon! Morning ceramics will teach you wheel throwing skills, slab and coil methods and one heck of a good time! We'll make cups, bowls and sculpture. A \$12 supply fee is due to the instructor the first class. Clay is available to purchase from the instructor for \$10. Class fee is \$37.

Instructor: Jed

Location: Community Center, Room 107

1303.424	M	6/7-7/19	11 a.m.-1 p.m.	15 yrs+
1304.464	F	6/11-7/16	9:30-11:30 a.m.	15 yrs+

#### BASIC DRAWING FOR ADULTS

See nature with the mind. Express nature on paper with the line. Drawing is about proportion and it's about seeing the image as a whole. It is about fitting together, connecting and relating all of the little parts that make up the whole. We will learn how to achieve depth with line, as well as seeing the line as a plane, and we will learn ways of creating mass and form with line. You will need a set of graphite pencils, a kneaded eraser and a drawing pad. Class fee is \$37.

Instructor: Gail Hoeck

Location: Community Center, Room 115

1305.443	W	6/9-7/14	7-9 p.m.	18 yrs+
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#### ACRYLIC LANDSCAPE PAINTING

Learn procedures to paint acrylic landscapes along with many tips and techniques to produce pleasing works of art. No experience necessary. Class is taught by a professional artist who had his paintings shown at the Art Institute of Chicago. Participants are responsible for purchasing their own supplies. A suggested supply list can be picked up at Snedigar Recreation Center during business hours. Class fee is \$37.

Instructor: Ben Brown

Location: Snedigar, Room 502

5306.434	Tu	6/8-7/13	3-5 p.m.	18 yrs+
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#### BEGINNING OIL PAINTING

We will be using 6 colors and white. We will explore ways of beginning a painting. We will have some supplies on hand, such as paints, brushes, easels and some canvases. There will be an \$8 supply fee to cover the cost of white paint and canvas pads. A supply list may be picked up at the front desk. Please have necessary materials on the first day of class. Class fee is \$44.

Instructor: Gail Hoeck

Location: Community Center, Room 107

1306.453	Th	6/10-7/15	6:30-9 p.m.	18 yrs+
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## BLOCK QUILTING

Learn how to make a quilt! Students will learn basic quilting techniques by hand or machine. By the end of class, you will create a 9-block quilt with ties and optional quilting stitches. This class is for adults and children and can be an enjoyable craft for the whole family. A \$5 supply fee is due to the instructor the first day of class. Class fee is \$37.

Instructor: Margaret Kimmons  
Location: Andersen Jr. High, Room 9  
4130.474 Sa 6/12-7/17 9-11 a.m. 7 yrs+

## CAPTURE YOUR FAMILY IN CLAY (NEW!)

Hey guys and gals, let's make a characterization of your kids, spouse or friend in terra cotta clay - a keepsake that you will value. A new and easy approach that anyone can learn. A supply fee of \$14 is due to the instructor the first day of class. There is also an optional \$12 fee if the student would like to purchase clay from the instructor. Class fee is \$37.

Instructor: Jed  
Location: Community Center, Room 116  
1307.454 Th 6/10-7/15 7-9 p.m. 18 yrs+

## DARING THE DESIGN DILEMMA

Where do I start? How do I arrange this room? Will this color scheme go well with my furniture? What about the lighting? The list goes on with the number of questions that we ask ourselves when we start a design project. Here is the class to help you learn how to arrange your ideas, put them together, and achieve what you have in mind. Supplies needed for class will be discussed on the first day of class. Class fee is \$37.

Instructor: Swarna Pandiaraj  
Location: Andersen Jr. High, 47  
4303.434 T/Th 6/8-7/15 3:15-4:15 p.m. 16 yrs+

## ELEMENTS OF DRAWING

Many of us have vivid ideas about what we want to draw, paint, and create. To put our thoughts in black and white is where we struggle. You will learn hints and tips that make your drawings easy. Class fee is \$37.

Instructor: Swarna Pandiaraj  
Location: Andersen Jr. High, 47  
4320.434 T/Th 6/8-7/15 4:30-5:30 p.m. 16 yrs+

## JOURNALS, DIARIES AND ALBUMS (NEW!)

There is an explosion in book art. Come be a part of this exciting new craft, by creating your own journals, diaries or albums. A \$14 supply fee is due to the instructor on the first day of class. Class fee is \$20.

Instructor: Jed  
Location: Community Center, Room 107  
1308.454 Th 6/10-7/15 5:30-6:30 p.m. 18 yrs+

## KNIT A VEST FOR FALL

Knit a simple vest to learn how to weave seams, make ribbing, 3-needle coast-off, pick up stitches and make button-holes. This class is for those students who have knitting basics. This is a five-week class. Class fee is \$23.

Instructor: Sandra Jefferies  
Location: Andersen Jr. High, Room 9  
4300.434 T 6/8-7/6 6:30-8 p.m. 16 yrs+

## KNITTING - BEGINNING

Learn the basics of knitting! Join this class with a child, friend or loved one and create memories together. By the end of class, students will know how to knit a scarf, hat or afghan. Great for gifts and decorating! This is a five-week class. Class fee is \$23.

Instructor: Sandra Jefferies  
Location: Andersen Jr. High, Room 9  
4202.444 W 6/9-7/7 1-2:30 p.m. 13 yrs+

## SILHOUETTES (NEW!)

Learn a new art that was popular 100 years ago! Create framable portraits of your kids and loved ones. It's so simple and you will be the life of the party - the envy of your friends. A supply fee of \$14 is due to the instructor on the first day of class. Class fee is \$20.

Instructor: Jed  
Location: Community Center, Room 107  
1309.454 W 6/9-7/14 5-6 p.m. 18 yrs+

## STAINED GLASS

Learn the glass method that made Tiffany famous! We will focus on glass cutting, soldering and finishing. This class is for people with all levels of stained glass experience. Tool kit costs \$70. Call instructor to reserve tool kit two weeks before class at (480) 940-1841. A \$10 supply fee is due to the instructor at first class. Class fee is \$54.

Instructor: Sherry Urias  
Location: Community Center, Room 115  
1310.434 Tu 6/8-7/13 5:30-8:30 p.m. 15 yrs+

## SEWING - ALL LEVELS

Learn basic sewing techniques - measuring for patterns, lay-outs, cutting, marking, and construction OR sharpen your skills and learn techniques. Make the garment of your choice. Cost of individual project will be determined the first night. Machines are supplied - or bring your own. There is no class on 7/5. Class fee is \$55.

Instructor: Donna Carriero  
Location: Andersen Jr. High, Room 9  
4301.424 M 6/7-7/19 6:30-8:45 p.m. 16 yrs+

## SEWING - BEGINNING

This sewing workshop is for sewers of all levels. Students will learn to thread and sew with their machine, learn basic fabric terms, pattern layout, and garment construction. Sewing machines are NOT provided. You must bring your own machine, pedal, cord and instruction book to class. All students will make a pillow the first night. Bring ½ yard of cotton fabric (washed), a small spool of matching all-purpose thread, pillow stuffing, and any sewing supplies you have the FIRST night. We will go over supplies needed the first night. Class fee is \$37.

Instructor: Kathy Evans  
Location: Andersen Jr. High, Room 42  
4302.444 W 6/9-7/14 6-8 p.m. 16 yrs+

## SEWING FOR TEENS

Students will review basic terms, machine treading, pattern layout and garment construction. We will make a pillow, skirt and nightshirt. Sewing machines are NOT provided. Students must bring their own machine, cord, pedal and instruction book. All project supplies will be provided for a fee of \$25, payable to the instructor the first day of class. Class fee is \$37.

Instructor: Kathy Evans  
Location: Andersen Jr. High, Room 42  
4200.454 Th 6/10-7/15 1-3 p.m. 13-16 yrs

## Teen & Adult Classes

### TRANSPARENT WATERCOLOR FOR ADULTS

A beginning transparent watercolor class, where having fun with various ways of handling the medium is the goal. Learn to see light and dark colors of nature, as well as depth and learn how to achieve this on paper. We will make various color wheels for a guide to achieving correct color combinations. A supply list can be picked up at the Chandler Community Center. A supply fee of \$8 is due to the instructor on the first day of class. Class fee is \$37.

Instructor: Gail Hoeck

Location: Community Center, Room 115

1311.424 M 6/7-7/19 7-9 p.m. 18 yrs+

### TRANSPARENT WATERCOLOR LANDSCAPES

You can create beautiful paintings in transparent watercolor by learning procedures and techniques necessary to produce this type of painting. No experience necessary. Class is taught by a professional artist who had his watercolor paintings shown at the Art Institute of Chicago. Participants are responsible for purchasing their own supplies. A suggested supply list can be picked up at Snedigar Recreation Center during business hours. Class fee is \$37.

Instructor: Ben Brown

Location: Snedigar, Room 502

5307.464 F 6/11-7/16 2:30-4:30 p.m. 18 yrs+

### TREASURED MEMORIES

Let's get all of our pictures organized and put into a beautiful scrapbook! Learn how to use stamps, vellum, ribbon, and many other new techniques. Come learn how to safely organize your photos into beautiful, fun filled pages to bring enjoyment for years to come. Please bring a three ring binder and enough photographs to the first class to do 3 to 5 pages. All project supplies will be provided for a fee of \$15, payable to the instructor the first day of class. There is no class on 7/5. Class fee is \$37.

Instructor: Kathy Evans

Location: Andersen Jr. High, Room 42

4201.424 M 6/7-7/19 1-3 p.m. 12 yrs+

### THE GREAT ART OF GOURD

Learn the art of Gourd. Learn to turn a gourd into a beautiful piece of art that you would be proud to display. Gourds are related to melons and squash, but you don't eat them. They come in all sizes and shapes. A supply fee of \$15 is due to the instructor on the first day of class. Class fee is \$35.

Instructor: Patti Karas

Location: Snedigar, Room 502

5327.454 Th 6/10-7/1 6-9 p.m. 16 yrs+

### THE JOYS OF E-MAIL

Set up a real internet account and learn how to send and receive email in this fun one session workshop. Learn all about spam, attachments, viruses and much more! There will be a \$5 supply fee due to the instructor on the first day of class. Class fee is \$9.

Instructor: Claire Yar

Santan K-8 Campus, Room 80

7303.434 Tu 7/6 7-8:45 p.m. 18 yrs+

### HOW DO YOU TURN THIS THING ON?

#### AN INTRODUCTION TO COMPUTERS!

Come and join us in this light-hearted and hands-on approach to learning the basics of computers. In this class you will learn Microsoft Windows commands (such as file organization, how to use screen savers) use of mouse and keyboard, how to untangle technical jargon and so much more! There will be a \$15 supply fee due to the instructor on the first day of class. Class fee is \$26.

Instructor: Claire Yar

Santan K-8 Campus, Room 80

7304.444 W 6/23-7/14 7-8:45 p.m. 18 yrs+

### MAIL MERGE MADE EASY

If you need to create mass mailing for any reason (for work, Holiday cards, party invitations etc.) this is the class for you! Learn how to use the Mail Merge feature in Word from a Microsoft certified instructor. Once you have taken this class you will wonder why it ever seemed so complicated! Prerequisite: Must be familiar with keyboard, mouse and basic functions of MS Windows. There will be a \$7 supply fee due to the instructor on the first day of class. Class fee is \$9.

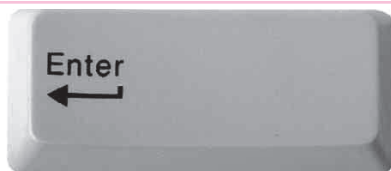
Instructor: Claire Yar

Santan K-8 Campus, Room 80

7305.444 W 6/9 7-8:45 p.m. 18 yrs+

7306.444 W 6/16 7-8:45 p.m. 18 yrs+

## Computers



### INTERMEDIATE MICROSOFT EXCEL 2000

Can you create a spreadsheet from scratch & use simple formulas but want to learn the finer points of formula creation and troubleshooting? Would you like to learn some advanced techniques for protecting your work with passwords and connecting spreadsheets together? Come to this class taught by a Microsoft certified instructor with over 10 years of training experience and let Excel knock your socks off!! There will be a \$15 supply fee due to the instructor on the first day of class. Class fee is \$31.

Instructor: Claire Yar

Santan K-8 Campus, Room 80

7301.454 Th 6/10-7/8 7-8:45 p.m. 18 yrs+

### MS POWERPOINT 2000 for BEGINNERS

If you have to create presentations for your small business or work, this class is a must! Learn how to use the power of Microsoft to give your presentation a punch! You will also learn how to create flyers, handouts and much more!

Instructor is MS certified. Pre-requisite: Must be familiar with keyboard, mouse and basic functions of MS Windows. There will be a \$15 supply fee due to the instructor on the first day of class. Class fee is \$26.

Instructor: Claire Yar

Santan K-8 Campus, Room 80

7302.434 Tu 6/8-6/29 7-8:45 p.m. 18 yrs+

## Dance & Cheer

*For the following dance classes, please wear dance or comfortable clothes, tap or hard-soled shoes and/or ballet or soft-soled shoes.*

### BALLROOM DANCE - BEGINNING

Learn the basic steps of the Fox Trot, Waltz, Swing, Rumba, Cha Cha and Tango. You will also learn new patterns. Couples only please! Class fee is \$20 per person.

Instructor: Sandy Popovich

Location: Community Center, Room 111

1312.444 W 6/9-7/14 7-8 p.m. 18 yrs+

### BEGINNING BALLROOM DANCE

Learn ballroom dancing for fun and exercise. It's a great way to meet new people and learn a new talent. No partner required. Class fee is \$20. (There is no class on 7/5)

Instructor: Ed Lee

Santan K-8 Campus, Multipurpose Room

7309.424 M 6/7-7/12 7-8 p.m. 18 yrs+

### BELLY DANCING - BEGINNING

Learn an exotic form of physical fitness from Samia. Learn basic belly dance moves and listen to Middle Eastern music for a great aerobic workout. Costume instruction included. Class fee is \$20.

Instructor: Samia

Location: Community Center, Room 109

1313.454 Th 6/10-7/15 6-7 p.m. 12 yrs+

Location: Snedigar, Room 502

5313.424 M 6/7-7/12 6:30-7:30 p.m. 14 yrs+

### INTERMEDIATE BELLY DANCING

The intermediate class adds more advanced belly dance moves, veil and floor work and blends dancing, zils and Middle Eastern rhythms into performing. No class 7/5 Class fee is \$20.

Instructor: Samia

Location: Snedigar, Room 502

5301.424 M 6/7-7/12 7:30-8:30 p.m. 14 yrs+

Location: Community Center, Room 109

1314.454 Th 6/10-7/15 7-8 p.m. 12 yrs+

### ADVANCED BELLY DANCING

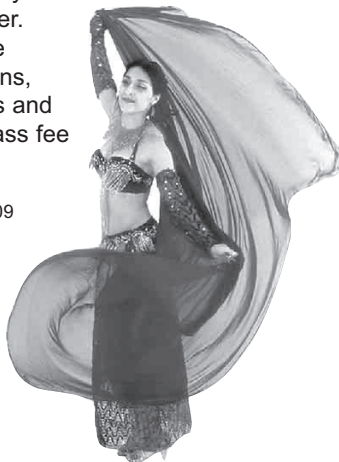
This performing class polishes you into a performance level dancer. Adding even more belly dance moves, variations on zil patterns, additional veil and floor moves and lots of in-class performing. Class fee is \$20.

Instructor: Samia

Location: Community Center, Room 109

1315.454 Th 6/10-7/15 8-9 p.m.

12 yrs+



### CHEER TRYOUT CLASS

Do you want to be a cheerleader? Are you planning on trying out for a cheer squad? Well if so, this class is for you. This will be an exciting fun filled class that will whip you into shape for cheer. Students will be taught the basic fundamental skills of cheerleading such as arm motions, jumps, kicks, cheers and chants. Class fee is \$20.

Instructor: Amber Fowler

Location: Snedigar, Room 506

5204.454 Th 6/10-7/15 6-7 p.m. 10-14 yrs

### TEEN DANCE

Hip class for teens! Come and have a great time with your friends while learning hot new dances to the latest up-beat music. Teens will learn basic moves while learning to personalize it with their own unique style. A great class for teen dancers whether they are a beginner or advanced! Class fee is \$20.

Instructor: Amber Fowler

Location: Snedigar, Room 506

5202.454 Th 6/10-7/15 7-8 p.m. 12-16 yrs

### TEEN/ADULT HIP-HOP

This class is designed to teach adults (male and female) the newest and latest dance moves. This will also enhance coordination and allow you to be creative with your moves. A routine will also be taught and performed at the end of the session. Please dress in comfortable clothing and wear tennis shoes. Class fee is \$20. (There is no class on 7/5)

Instructor: Natalia Mihilli

Santan K-8 Campus, Cafeteria

7203.444 W 6/9-7/14 7:30-8:30 p.m. 13 yrs+

Willis Jr. High, Wrestling Room

6203.424 M 6/7-7/19 7:30-8:30 p.m. 13 yrs+

### ADULT HIP HOP

Enjoy this fun contemporary style of dance and movement, using popular music that you can't help but dance to. Plus you can't beat the work out you'll get while having fun! Class fee is \$20.

Instructor: Lindsay Morganstein

Location: Andersen Jr. High, Cafeteria

4319.444 W 6/9-7/14 6:45-7:45 p.m. 18 yrs+

### TEEN HIP HOP JAZZ

Designed for the intermediate to advanced dancer, this class combines contemporary jazz with the latest dance moves. Jazz shoes, boots, dance attire or comfortable clothing and kneepads are required. No class 7/5 Class fee is \$28.

Instructor: Audrey Dodson

Location: Snedigar, Room 506

5201.424 M/W 6/7-7/14 7-7:45 p.m. 13-17 yrs

### HIP HOP JAZZ - BEGINNING/INTERMEDIATE ADULT

Come and have some fun while learning the latest dance moves combined with jazz and dance movements. Please wear dance attire or comfortable clothing, and dance shoes or tennis shoes with proper support and flexibility. Class fee is \$28.

Instructor: Audrey Dodson

Location: Snedigar, Room 506

5308.424 M/W 6/7-7/14 8-8:45 p.m. 18 yrs+





## Teen & Adult Classes

### JAZZ DANCE - ADULT

Come enjoy a class that will work on strengthen and conditioning techniques while moving to fun lively music. Plus you can't beat the work out you'll get while having fun! Class fee is \$20.

Instructor: Lindsay Morganstein

Location: Andersen Jr. High, Cafeteria

4318.444 W 6/9-7/14 5:30-6:30 p.m. 18 yrs+

### BEGINNING SWING

Come join the fun as you learn the basics to Swing dance! We will gradually progress with each of your individual needs as the session continues. Couples only please! Class fee is \$20 per person.

Instructor: Sandy Popovich

Location: Community Center, Room 111

1316.444 W 6/9-7/14 8-9 p.m. 18 yrs+

### EAST COAST SWING DANCE

The rage has come back for the old 40's & 50's style swing. Learn to dance to the popular music of yesteryear and today. No partner required. Class fee is \$20.

Instructor: Ed Lee

Santan K-8 Campus, Multipurpose Room

7308.424 M 6/7-7/19 8-9 p.m. 18 yrs+

### BEGINNING TEEN/ADULT TAP

In this class, we will learn beginning tap techniques in a warm up and then learn progressions across the floor. Please wear dance attire or comfortable clothing and dance shoes or tennis shoes with proper support and flexibility. Class fee is \$20.

Instructor: Diana Wray

Location: Community Center, Room 204

1201.434 Tu 6/8-7/13 7-8 p.m. 13 yrs+

### INTERMEDIATE TEEN/ADULT TAP

Are your feet always tapping? Come and join us for a faster paced tap warm up and progressions across the floor. An exciting tap routine will be mastered by the end of the session. Class fee is \$20.

Instructor: Diana Wray

Location: Community Center, Room 204

1202.454 Th 6/10-7/15 6-7 p.m. 13 yrs+

### INTERMEDIATE/ADVANCED TAP

For the intermediate/advanced tapper

Are your feet always tapping? Come and join us for a faster paced tap warm up and progressions across the floor. An exciting tap routine will be mastered by the end of the session. Class fee is \$23.

Instructor: Diana Wray

Location: Community Center, Room 204

1203.454 Tu 6/8-7/13 6-7 p.m. 13 yrs+

## Finance & Investing

### ALL ABOUT LONG TERM CARE

This class will help you with Medicare and Medicaid spend-down rules works. How to be sure your assets last as long as you, how long term care insurance works, the cost of insurance. How to evaluate and select an insurance company that right for you. This is purely an educational class. No company will be promoting and no personal recommendations will be made. Class fee is \$3.

Instructor: Raymond Spattti, Ph.D

Location: Snedigar, Room 502

5325.454 Th 6/10 7-9 p.m. 18 yrs+

### COLLEGE FUNDING

Soaring costs and increasing competition of scholarships and financial aid make college investment planning imperative. Starting now by identifying goals, making sound decisions and using the right investment vehicles are emphasized in this excellent workshop. Class fee is \$3.

Instructor: Rich Vandermolten

Location: Andersen Jr. High, Room 18

4311.444 W 6/9 6:30-8:30 p.m. 18 yrs+

### DEALING WITH MARKET VOLATILITY

This workshop will help prepare you for the hurdle of investing in uncertain financial markets by exploring volatility in the marketplace, by presenting a perspective on what is happening and why, and by offering some firm steps you can take to achieve your financial planning goals. Class fee is \$3.

Instructor: Craig K. Scrimshire

Location: Snedigar Room 502

5329.454 TH 7/8 7-9 p.m. 18 yrs+

### LEAVING YOUR LEGACY -- SUCCESSFUL ESTATE PLANNING

Thinking ahead to retirement? Wondering how to live comfortably while leaving a legacy for your heirs? This workshop will get you started toward both goals by focusing on how to take control of your retirement dollars while formulating a sound estate plan. We will highlight options you can use to help reduce estate taxes and preserve more of your estate for your beneficiaries. We will also review opportunities to achieve the charitable goals that will help you make a difference in your community. Class fee is \$3.

Instructor: Craig K. Scrimshire

Location: Snedigar Room 502

5328.454 TH 6/10 7-9 p.m. 18 yrs+

## Panache Dance Company

This group of dancers performs at local, statewide and national events and competitions. Dancers must be intermediate to advanced with flexibility to travel for performances. Additional costs may incur due to these activities. Additional practices may be scheduled upon notice of performance schedule. This class requires an audition prior to registering. Please wear dance attire or comfortable clothing, and dance shoes or shoes with proper support and flexibility. Call instructor Audrey Dodson (480) 857-3731 for audition times and location.

Physical recreation  
and fitness  
contributes to  
a full and  
meaningful life.

## LIFE INSURANCE 101

The primary purpose of life insurance is to protect your dependents financially in the event of your death. It can also provide liquid capital to pay off estate taxes and other obligations. We will review the types, how much is appropriate, flexibility options, benefits to be insured while living and much more. Class fee is \$3.

Instructor: Rich Vandermolen

Location: Andersen Jr. High, Room 18

4312.444 W 6/16 6:30-8:30 p.m. 18 yrs+

## 1st TIME HOME BUYERS WORKSHOP

Can't seem to save enough money for your down payment? Worried about your credit? STOP! This class will teach you everything you need to know so you too can finally be a homeowner. Class fee is \$3.

Instructor: David Zakrzewski

Location: Andersen Jr. High, Room 15

4305.444 W 6/9 6-8 p.m. 18 yrs+

4306.444 W 6/30 6-8 p.m. 18 yrs+

## 1ST TIME REAL ESTATE INVESTOR

Take advantage of today's market and learn to invest your money into Real Estate. Don't take the chance of losing your hard earned money! This class walks you through the step-by-step process of investing. Class fee is \$3.

Instructor: David Zakrzewski

Location: Andersen Jr. High, Room 15

4307.444 W 6/16 6-8 p.m. 18 yrs+

4308.444 W 7/7 6-8 p.m. 18 yrs+

## FIVE FUNDAMENTALS OF SUCCESSFUL WEALTH ACCUMULATION

For most of us, wealth success can be defined as financially comfortable retirement. This educational workshop will assist you by providing valuable knowledge about debt Management, risk Management, Capital Appreciation, Mutual Funds and Tax Advantage Investments along with other basic strategies to help you move ahead to achieve potential wealth success. Class fee is \$3.

Instructor: Rich Vandermolen

Location: Andersen Jr. High, Room 18

4313.444 W 6/23 6:30-8:30 p.m. 18 yrs+

## THE REFINANCING WORKSHOP

Need to refinance your home loan? Not sure what to do or who to trust? Take the time to learn the ins and outs about refinancing. Become an expert on getting the best possible deal. Learn about rates, programs, and fees. Class fee is \$3.

Instructor: David Zakrzewski

Location: Andersen Jr. High, Room 15

4309.444 W 6/23 6-8 p.m. 18 yrs+

4310.444 W 7/14 6-8 p.m. 18 yrs+

## RETIREMENT PLANNING & DISTRIBUTION

We will review different strategies for establishing and maintaining a sound retirement plan. Important issues will be addressed including how much you need to save, sources of retirement income, IRA's and employer sponsored plans. Class fee is \$3.

Instructor: Rich Vandermolen

Location: Andersen Jr. High, Room 18

4314.444 W 6/30 6:30-8:30 p.m. 18 yrs+

*The four classes below will bring you the very best fundamentals for saving and investing. All classes include handouts to take home. The following classes are taught by Jason Freiwald, CMFC. Signing up for all four classes is recommended.*

## MONEY MANAGEMENT PLANNING

In this highly interactive class you will learn the basics of the financial planning process. We will discuss planning for successful money management. You will learn how to organize your finances and put them into a useable financial plan. We will discuss budgeting, saving for college, retirement and setting aside emergency reserves. This is an important class for anyone just starting to save, needing help getting organized or anyone who needs to be refreshed on the basics of financial planning. Class fee is \$9.

Instructor: Jason Freiwald, CMFC, CFP

Location: Community Center, Room 101

1317.434 Tu 6/8 7-9 p.m. 18 yrs+

## STOCKS AND BONDS INVESTMENT PLANNING

Investing in today's marketplace can be very challenging. In this class we will discuss how the stock market works and the key concepts of investing in stocks, bonds and mutual funds. We will discuss the factors that influence the market and how to use them to your advantage. You will learn how to incorporate these investments into your financial plan. We will also be reviewing the importance of asset allocation and how to diversify your personal investment portfolio. Class fee is \$9.

Instructor: Jason Freiwald, CMFC, CFP

Location: Community Center, Room 101

1318.434 Tu 6/15 7-9 p.m. 18 yrs+

## ASSET PROTECTION PLANNING

It is not enough just to save for retirement. You have to be prepared for life events that might affect your retirement savings. We will be discussing a combination of effective insurance and estate planning techniques to ensure that you can hold on to the assets you have worked so hard to gather. Regardless of your income or net worth you need to understand the proper way to register your investments and savings so your assets can be passed on to your loved one's. Class fee is \$9.

Instructor: Jason Freiwald, CMFC, CFP

Location: Community Center, Room 101

1319.434 Tu 6/29 7-9 p.m. 18 yrs+

## RETIREMENT AND ESTATE PLANNING

The biggest lifetime goal that most people plan for is their retirement. Achieving financial independence takes a lot of hard work and planning. In this class we will teach you how to evaluate your work retirement plan to make it as effective as possible. If you don't have a work plan, we will review other options that may be available to you. You will also learn how to supplement your retirement income with other retirement plan investments such as IRA's and roth IRA's. Recent changes in the tax law will also be covered. Class fee is \$9.

Instructor: Jason Freiwald, CMFC, CFP

Location: Community Center, Room 101

1320.434 Tu 7/6 7-9 p.m. 18 yrs+

## Teen & Adult Classes

### SECRETS OF ANNUITIES

This class will help you with advantages and disadvantages of annuities, difference between Variable Annuity and Fixed Annuity, how Guaranteed Index Annuities protect you from risk. How to pick the right annuities for your needs. No company will be promoting and no personal recommendations will be made. Class fee is \$3.

Instructor: Raymond Spatti, Ph.D

Location: Snedigar, Room 502

5326.454 Th 6/17 7-9 p.m. 18 yrs+

### SIX KEY FINANCIAL STRATEGIES FOR YOUR SMALL BUSINESS

This workshop will examine six key areas that will help grow your small business now and in the foreseeable future.

Discussion topics will range from financial needs to strategic planning. Covered will be cash flow needs, business protection options and retirement planning, among others. Also on the agenda is an in-depth look at what might happen should you decide it is time to move on from your business. Class fee is \$3

Instructor: Craig K. Scrimshire

Location: Snedigar Room 502

5327.454 TH 7/1 7-9 p.m. 18 yrs+

## Exercise & Fitness

### ADULT AIKIDO

Aikido is a defensive martial art based on smooth, powerful blending motions as its core and does not rely on power and size. This allows people of all sizes and abilities to enjoy success. Additionally it is great exercise. We will begin with simple techniques and then move into advanced philosophy and techniques. With immobilizing joint locks and powerful throws, Aikido has been said to be one of the most advanced forms of martial arts. Students are evaluated on their personal progress and qualified students will be invited to test for rank. Fred Mastison, Sensei, Chief Instructor of Aikido of Phoenix teaches this class. He is a 5th degree black belt and a 21-year veteran of the martial arts and a member of the Martial Arts Hall of Fame. This class will run on a monthly basis. Class fee is \$40.

Instructor: Fred Mastison

Location: Community Center, Room 109

1321.434 Tu/W 6/1-6/30 7-8:30 p.m. 14 yrs+

1322.434 Tu/W 7/6-7/28 7-8:30 p.m. 14 yrs+

1323.434 Tu/W 8/3-8/31 7-8:30 p.m. 14 yrs+



No on-line or touch tone registration available for the Aikido classes.



### CARDIO-KARATE

Weight loss exercises can be very hard on your body if you are overweight. This is the world's first high intensity aerobic program with very little or no impact. Get started on your weight loss goals today. Sign up now and unleash the secrets of an ancient Kung Fu in your workout. Class fee is \$17.

Instructor: Jim Raemisch

Location: Snedigar, Room 506

5305.434 Tu 6/8-7/13 6-6:45 p.m. 16 yrs+

## Aerobics and Body Works

*The following Aerobics and Body Works fitness classes meet twice a week at various times. You may sign up on a monthly basis or drop in for \$4 per class. Price is \$19 per month for two times a week or \$33 per month for 4 times a week. You may attend any 2 or 4 days you wish (depending on what you pay for).*



No on-line or touch tone registration available for Aerobics & Body Works.



### AEROBICS

Increase your cardiovascular health and improve your body, safely, by joining us at the Community Center for our Adult Fitness Classes. We will start each class with a refreshing warm-up and work into an easy-to-learn aerobic and physical routine that will be challenging, but enjoyable. Then, we finish with abdominal, buttocks, legs and upper body. Bring some light aerobic dumbbells, tennis shoes, water and a mat if possible. Come join the fun and come join the class that can improve your life!

Instructor: Kapri Rose Roberts

Location: Community Center, Room 111

Session I July 6 - July 29  
1601.434 T & Th 6-7 p.m. 15 yrs+

Session II Aug. 3 - Aug. 31  
1602.434 T & Th 6-7 p.m. 15 yrs+

Session II Sept. 2 - Sept. 30  
1603.434 T & Th 6-7 p.m. 15 yrs+

### BODY WORKS

A total body workout with dumb bells, designed to tone and sculpt all the major muscle groups. Shape the arms, chest, back, firm the abdomen and lower back, and tone the legs, thighs and hips. The effective exercises focus on core muscles and are designed to increase muscle endurance, balance, coordination and improve posture. Build a strong, lean sculpted body and turn fat into lean muscle to continuously burn calories. Bring 2-5 lb. (or more) weights, water, tennis shoes and a mat if possible.

Instructor: Alona Picovsky

Location: Community Center, Room 111

Session I July 7 - July 28  
1604.424 M & W 6-7 p.m. 15 yrs+

\*\*Class fee is \$16 for 2 times per week and \$30 for 4 times per week\*\*

Session II Aug. 2 - Aug. 4  
1605.424 M & W 6-7 p.m. 15 yrs+

Session II Sept. 8 - Sept. 29  
1606.424 M & W 6-7 p.m. 15 yrs+

\*\*Class fee is \$16 for 2 times per week and \$30 for 4 times per week\*\*

\*There will be no class on Monday, July 5, 2004, for the 4th of July Holiday and September 6th, 2004, for the Labor Day Holiday. There will not be make-up dates for these canceled classes, rather a pro-rated monthly fee will be assessed.

## CARDIO-KICKBOXING

Cardio-Kickboxing is a fun, effective workout for men and women combining martial arts, aerobics, cardiovascular and toning for a total body workout. Improve your strength, muscle tone and endurance, reduce your body fat and stress, while learning self-defense techniques. Class fee is \$17.

Instructor: Jim Raemisch

Location: Snedigar, Room 506

5309.434 Tu 6/8-7/13 7-7:45 p.m. 16 yrs+

## KICKBOXING

Learn the basics of this fun sport and get a great workout at the same time. Challenge yourself with kickboxing moves that concentrate on the arms, abs, and legs. Class consists of cardio moves, Ty-Boe, and aerobic kickboxing. Class ends with strength and cool-down exercises. If you have any questions or concerns or just want to inquire about the instructors, visit their website at [www.azwarriors.com](http://www.azwarriors.com). Class fee is \$42.

Instructor: Seve Moreno

Location: Community Center, Room 102/103

1607.434 Tu/Th 6/8-7/29 5:30-6:30 p.m. 16 yrs+

## MARTIAL ARTS - HEIWASENSIJUTSU

This art encompasses Aikido, Small Circle Jujitsu, Tai Chi Chaun and Wing Chung Kung FU techniques in real life situations. Taught by a 5th degree black belt and a 19-year veteran of the arts, Master Moreno, this style teaches us to control our opponent using a minimal amount of effort. Heiwasesensijutsu is a combative art and teaches us to challenge our mind, body and spirit to excel to our fullest and that everyone has the potential for greatness! This class will run for 8 weeks. The Monday class will run from 6-7:30 p.m. and the Thursday class will run from 7-8:30 p.m. If you have any questions or concerns or just want to inquire about the instructors, visit their website at [www.azwarriors.com](http://www.azwarriors.com). Class fee is \$71.

Instructor: Seve Moreno

Location: Community Center, Room 110

1608.424 M/Th 3/29-5/13 6-7:30 p.m. (M) 16 yrs+  
7-8:30 p.m. (Th)

## INTRODUCTION TO SKATEBOARDING

(beginner/intermediate skaters)

This program will focus on fundamental skateboarding maneuvers. As participants advance, instructors will change the focus of the class and begin to work and refine tricks your child has already acquired, as well as introduce more technical maneuvers. Helmet, kneepads, and elbow pads are required. Class fee is \$37

Instructors: Kevin Yee and Mark Carroll.

Location: Chandler Skate park

5200.444 W 6/9-7/14 6-8 p.m. 10-14 yrs

## STRETCH! DANCE! MOVE!

Come and enjoy a simple, moderate exercise class suitable for everyone. Warm-ups, stretching, breathing and feel-good movements to relaxing music. Wear comfortable clothes and ballet slippers or bare feet if you like. Class fee is \$17.

Instructor: Elizabeth Rimbach

Willis Jr. High, Wrestling Room

6310.454 Sa 6/12-7/17 1-1:45 p.m. 18 yrs+

## JAPANESE SWORDSMANSHIP

This course is a hands-on study of classical Japanese Swordsmanship. Working with a bamboo sword, called a Shinai, students will learn movement, attacking, and blocking techniques. Conducted in a friendly and humorous atmosphere. All tempers and egos must be checked at the door. This is a 7-week class. We will meet the Tuesday (6/8) prior to the first day of class to prepare your Shinai for class. A \$25 supply fee is due to the instructor on Tuesday, for your Shinai or you may bring your own. Class fee is \$48.

Sensei: Mark MacLachlan

Location: Andersen Jr. High, Wrestling Room

4317.444 W 6/9-7/21 6:30-8:30 p.m. 16 yrs+

## T'AI-CHI CH'UAN - BEGINNING

T'AI CHI is a great way to strengthen your body while also disciplining your mind. It has no age limits due to calmness of movements. Wear comfortable, loose fitting clothing. Flat bottom shoes are recommended. A notebook and pen is also suggested to help internalization of the form. Class fee is \$31.

Instructor: Randy Christensen.

Location: Andersen Jr. High, Cafeteria

4316.434 T 6/8-7/20 7-8:30 p.m. 18 yrs+

## BEGINNING HATHA YOGA

The beginners Hatha Yoga class consists of postures (Asanas), deep relaxation, Pranayama (Breathing Practices). Learn how daily practice of yoga Asana and Pranayama can make your life easeful, peaceful and useful. Class fee is \$37.

Instructor: Amar N. Sharma

Willis Jr. High, Room H4

6309.424 M/W 6/7-7/14 5-6 p.m. 18 yrs+

## BASIC YOGA

The Basic Yoga Class focuses on the fundamental postures of yoga. This physical yoga class combines breath with movement in order to build strength and flexibility. No previous experience is required. This yoga class is hatha (physical yoga) style. Wear comfortable clothes, and bring a yoga mat and strap, if possible. Class fee is \$37. There will not be a make-up class.

Instructor: Tracey Preiser

Location: Community Center, Room 204

1609.444 M/W 6/7-7/14 5-5:55 p.m. 16 yrs+

## POWER YOGA

Take your practice to the next level with a challenging sequence of postures, combined with breath to achieve balance. Basic to intermediate poses are linked with sun salutations based on the Ashtanga Yoga style. This class is aerobic, challenging and explores deeper variations with inversions. Previous yoga experience and good physical fitness is helpful. Please bring your yoga mat, if possible. Class fee is \$37.

Instructor: Tracey Preiser

Location: Community Center, Room 204

1610.434 W 6/9-7/14 6-7:15 p.m. 16 yrs+

**NO  
CLASSES  
JULY 5**



## Teen & Adult Classes

*The following six classes are sponsored, in the interest of Good Health by the Doctor's Speakers Bureau.*

*Presented by Dr. Mark Burdell*

### ARTHRITIS

This presentation educates the audience about what arthritis is, who is susceptible to arthritis, what causes it, how to relieve it, and steps to prevent joint disease. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1324.474 Tu 6/8 7-8 p.m. 18 yrs+

### A DRUG-FREE APPROACH TO ATTENTION DEFICIT DISORDER AND HYPERACTIVITY

Educate parents, teachers, day care supervisors, or anyone who may be distressed by a problem child, about safe and natural solutions to help improve behavior and performance. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1325.474 Tu 6/15 7-8 p.m. 18 yrs+

### NATURAL SOLUTIONS TO BREATHING PROBLEMS

This lecture will educate the audience about how stress affects the respiratory system; the revolutionary Buteyko Breathing Method to relieve and prevent asthma attacks; common triggers that can cause respiratory problems and natural solutions to the treatment and maintenance of breathing problems. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1326.474 Tu 6/22 7-8 p.m. 18 yrs+

### FIBROMYALGIA: A HOLISTIC APPROACH TO CHRONIC PAIN AND FATIGUE

This presentation will educate the audience about safe and natural alternative methods for addressing Fibromyalgia and chronic pain symptoms. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1327.474 Tu 6/29 7-8 p.m. 18 yrs+

### ACHIEVING PEAK PERFORMANCE

Information will be provided that can help, both the fitness-conscious individual and the athlete to reduce the risk of injury and increase their performance. This lecture will explain the types of athletic injuries, how they occur, how they can be prevented and how they can be recovered from more quickly. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1328.474 Tu 7/13 7-8 p.m. 18 yrs+

### BALANCING WOMEN'S HORMONES

This workshop gives participants not only a complete understanding of the cause of symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise, and stress reduction. Class fee is \$3.

Instructor: Dr. Mark Burdell

Location: Community Center, Room 205

1329.474 Tu 7/20 7-9 p.m. 18 yrs+

*The following four classes are sponsored, in the interest of Good Health by the Doctor's Speakers Bureau.*

*Presented by Dr. Joshua Bock*

### FIBROMYALGIA

Understand the neurological and physiological causes of this baffling disease. This lecture has emphasis on chronic muscular pain, fatigue and depression and its effect on the body. Learn techniques to ease pain and improve performance. Class fee is \$3.

Instructor: Dr. Joshua Bock, D.C.

Location: Snedigar, Room 502

5315.434 Tu 6/29 7-9 p.m. 18 yrs+

### PRESSURE POINTS

Did you know that your body stores stress in specific spots in your body called pressure points? This stored energy can adversely affect your health and can cause many conditions like headaches, TMJ, and carpal tunnel syndrome. You can learn how to relieve pressure in these areas, reduce pain, and improve your health by learning how pressure points create pain throughout your body and simple strategies to relieve pain and improve health. Class fee is \$3.

Instructor: Dr. Joshua Bock, D.C.

Location: Snedigar, Room 502

5316.434 Tu 6/22 7-9 p.m. 18 yrs+

### FIVE SECRETS TO PERMANENT WEIGHT LOSS

Do you own clothes that you can't wear? Have you ever struggled to lose weight? Then this class is for you! Learn how to become healthier and reach your body's full potential naturally without pills, lotions or potions. Class fee is \$3.

Instructor: Dr. Joshua Bock, D.C.

Location: Snedigar, Room 502

5317.434 Tu 6/15 7-9 p.m. 18 yrs+

### BALANCING WOMEN'S HORMONES

This workshop gives participants not only a complete understanding of the cause of symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise, and stress reduction. Class fee is \$3.

Instructor: Dr. Joshua Bock, D.C.

Location: Snedigar, Room 502

6306.434 Tu 7/13 7-9 p.m. 18 yrs+



*The following four classes are sponsored, in the interest of Good Health by the Doctor's Speakers Bureau.*

*Presented by Dr. Jane Hendricks*

## WHAT CAUSES CANCER AND WHAT CAN I DO ABOUT IT?

Learn about the stages of disease that lead to cancer. The body has all the necessary equipment to heal itself of cancer and prevent its reoccurrence. Learn how to support your body in a holistic way so that you will not be one of the statistics. If you have cancer, learn how to take control of your own health. Class fee is \$3.

Instructor: Dr. Jane Hendricks

Santan K-8 Campus, Room 9  
7310.424 M 6/7 7-9 p.m. 18 yrs+

Instructor: Dr. Jane Hendricks

Willis Jr. High, Room H4  
6305.474 Sa 6/12 9-11 a.m. 18 yrs+

## CARDIOVASCULAR DISEASE, ITS CAUSES AND TREATMENTS

Learn about how to treat high blood pressure and high cholesterol holistically. If you've had a heart attack, it is up to you to keep it from happening again. Come to learn about ways to heal yourself of this chronic degenerative disease. Class fee is \$3.

Instructor: Dr. Jane Hendricks

Santan K-8 Campus, Room 9  
7311.424 M 6/14 7-9 p.m. 18 yrs+

Willis Jr. High, Room H4

6306.474 Sa 6/19 9-11 a.m. 18 yrs+

## DIABETES IS A DISEASE YOU EARNED AND ONE THAT YOU CAN REVERSE

Learn about what to feed your body in order to balance your blood sugars and regenerate your pancreas. Class fee is \$3.

Instructor: Dr. Jane Hendricks

Santan K-8 Campus, Room 9  
7312.424 M 6/21 7-9 p.m. 18 yrs+

Instructor: Dr. Jane Hendricks

Willis Jr. High, Room H4  
6307.474 Sa 6/26 9-11 a.m. 18 yrs+

## DEGENERATION VERSUS REGENERATION. WHICH DO YOU CHOOSE?

Learn about the philosophy of regeneration versus the philosophy of substitution and what it means to you. Learn about the 5 organ systems that run your body. Even if you are not suffering from a chronic illness you may be degenerating. Learn about what to do to regenerate your body. Class fee is \$3.

Instructor: Dr. Jane Hendricks

Santan K-8 Campus, Room 9  
7313.424 M 6/28 7-9 p.m. 18 yrs+

Willis Jr. High, Room H4

6308.474 Sa 7/3 9-11 a.m. 18 yrs+

## Health & Wellness

### CARDIO PULMONARY RESUSCITATION

The Chandler Community Center is pleased to offer CRP classes taught in accordance with the American Heart Association standards for infant, child, and adult CPR. This is not a class for Health Care Providers. A course completion card is issued after completion of the class. A \$10 supply fee is due to the instructor the day of class (this fee is due in order to take the course). Class fee is \$21.

Instructor: Pat Shriner

Location: Community Center, Room 101

1330.474	Sa	6/8	9 a.m.-1 p.m.	13 yrs+
1331.474	Sa	7/13	9 a.m.-1 p.m.	13 yrs+

### WOMEN'S HEALTH: MIND, BODY, SPIRIT CONNECTION

Are you constantly stressed? Do you want to improve your health and increase your sense of well-being? This class will teach you simple, specific strategies to help heal and nurture your mind, body and spirit. We will learn how to reduce stress through breathing exercises, improved nutrition, meditation and ceremony. You will create a list of personal goals and each week the class will help guide and support you in the process of achieving them. Come join a dynamic group of women like yourself! Class fee is \$54.

Instructor: Nicole Lohrbeer

Willis Jr. High, Room H4

6302.444	W	6/9-7/14	6-9 p.m.	16+ yrs
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## Languages

### AMERICAN SIGN LANGUAGE I

Learn the basics of sign language. You will learn basic sign communication including finger spelling, signing words, and signing sentences. We will have a lot of reviews and also develop an understanding of the structure of Deaf Culture. If you've had previous experience in sign language, I will structure the class, so the more advanced students can take the class as well. Class fee is \$27.

Instructor: Jill Valentine

Location: Community Center, Room 205

1337.424	M	6/7-7/19	7-8:30 p.m.	13 yrs+
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### SIGN LANGUAGE I

Have you ever wanted to learn sign language? Now is your chance! This class will teach basic signs, fingerspelling and conversations. Come join in the fun! There is a \$5 supply fee due the first night of class. Class fee is \$27.

Instructor: Darlene Schenk

Santan K-8 Campus, Room 9

7201.454	Th	6/10-7/1	5:30-7 p.m.	13+ yrs
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### SIGN LANGUAGE II

This will be a continuation of sign language 1. We will be continuing to learn vocabulary, finger spelling and we will have a fun time with class participation and projects. Come join in the fun! There is a \$5 supply fee due the first night of class. Class fee is \$27.

Instructor: Darlene Schenk

Santan K-8 Campus, Room 9

7202.454	Th	6/10-7/1	7:15-8:45 p.m.	13+ yrs
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## Teen & Adult Classes

### SPANISH NOW

Learn basic Spanish at an advanced pace! By the end of this class, you know your ABC's, numbers, colors and more! Required text: "Spanish in 10 Minutes a Day." A \$1 supply fee is due to the instructor the first day of class. Class fee is \$37.

Instructor: Marcee Hultsman

Location: Andersen Jr. High, Room 18

4203.434	T/Th	6/8-7/15	6-7 p.m.	13-18 yrs
4304.434	T/Th	6/8-7/15	7:15-8:15 p.m.	16 yrs+

### SPANISH I (Beginner)

You will learn the basic concepts of pronunciation, simple sentences, basic grammar and "survival" vocabulary. A \$5 supply fee will be due to the instructor the first night of class for handouts. Class fee is \$20.

Instructor: Renee Clancey

Location: Snedigar, Room 502

5311.444	W	6/9-7/14	7-8 p.m.	16 yrs+
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### SPANISH I

You will learn the basic concepts of pronunciation, simple sentences, basic grammar and "survival" vocabulary. Textbook required is "Spanish the Easy Way" by Barrons. A \$3 supply fee will be due to the instructor the first night of class for handouts. This class will run for 8 weeks. Class fee is \$48.

Instructors: Cathy Ogden

Location: Community Center, Room 205

1338.444	W	6/9-7/28	5-7 p.m.	18 yrs+
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### SPANISH II

A continuation of Spanish I to further increase your vocabulary, pronunciation and grammar. Participants may repeat this course as many times as they wish. Continue to use the same text as Spanish I. You must have taken Spanish I prior to registering for this class or have instructor approval. The class will run for 8 weeks. Class fee is \$48.

Instructor: Cathy Ogden

Location: Community Center, Room 205

1339.444	W	6/9-7/28	7-9 p.m.	18 yrs+
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### SPANISH II

This class pick up where Spanish I leaves off. You must have taken Spanish I prior to taking this class or get instructor approval. A \$5 supply fee will be due to the instructor the first night of class for handouts. Class fee is \$20.

Instructor: Renee Clancy

Location: Snedigar, Room 502

5315.444	W	6/9-7/14	8-9 p.m.	16 yrs+
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## Music

### BASIC GUITAR

For the beginning student interested in learning the fundamentals of note reading, chord playing, theory and finger-picking on the guitar. Bring a six-string acoustic guitar to class. A \$2 supply fee is due to the instructor at the first class. Class fee is \$20.

Instructor: Jason Brown

Location: Community Center, Room 101

1333.424	M	6/7-7/19	5-6 p.m.	16 yrs+
1334.424	M	6/7-7/19	6-7 p.m.	16 yrs+

### INTERMEDIATE GUITAR

For the intermediate student interested in learning more about the fundamentals of guitar. A \$2 supply fee is due to the instructor the first night. Class fee is \$20.

Instructor: Jason Brown

Location: Community Center, Room 101

1335.424	M	6/7-7/19	7-8 p.m.	16 yrs+
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### ADVANCED GUITAR

For the intermediate to advanced student interested in learning more fundamentals of note reading, chord playing, theory and fingerpicking. A \$2 supply fee is due to the instructor the first night. Class fee is \$20.

Instructor: Jason Brown

Location: Community Center, Room 101

1336.424	M	6/7-7/19	8-9 p.m.	16 yrs+
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### BEGINNING VIOLIN

Unleash the musician in you! Come join us for a fun, hands-on introduction to the violin. This class is designed for the beginning student. We will learn violin technique, note reading, and playing skills. This class will prepare you for all playing styles from classical to fiddling. Go from zero to Nero in no time! Students are responsible for providing a size appropriate violin. A \$5 book fee is due to the instructor at the first class. The 45-minute class fee is \$17. The one hour class fee is \$20.

Instructor: Allisen Pedersen

Location: Andersen Junior High, Chorus Room

4140.454	Th	6/10-7/15	3:15-4 p.m.	6-12 yrs
4141.454	Th	6/10-7/15	4:15-5 p.m.	6-12 yrs
4340.454	Th	6/10-7/15	5:15-6:15 p.m.	13yrs+
4341.454	Th	6/10-7/15	6:30-7:30 p.m.	13yrs+

## Personal Safety & Security

### IDENTITY THEFT PROTECTION

Identity theft tops the list of consumer complaints, according to the Federal Trade Commission. Identity theft is on of those things you're probably not very concerned with, but its on e of the easiest crimes to commit. Our goal in this workshop is to assist you in reducing your risk. Class fee is \$3.

Instructor: Rich Vandermolen

Location: Andersen Jr. High, Room 18

4315.444	W	7/7	6:30-8:30 p.m.	18 yrs+
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Recreation activities and classes help build confidence and self-esteem in youths. When teens are involved in their school and the community they will feel better about themselves.

## STREET COMBAT/RAPE PREVENTION

Learn the path of the warrior. Train to live and survive in real life street situations. In this system, we will learn how to stop an attacker of every shape and size. We will learn how to be aware of our surroundings, and how to be self-confident. In street combat, we will take real life situations and learn to put them into action. Everyday encounters are the basis for our exercises and we have taken the traditional methods out of martial arts, and simplified it to make it the most effective form of street combat. This class is not gender-based and is a system that both men and women can benefit from. The class is about survival, not competition. It's about staying alive, and in this system we won't sugar coat things. Come see why our methods are 100% tested on the streets. Class fee is \$26. Questions? Visit the [www.azwarriors.com](http://www.azwarriors.com).

Instructor: Seve Moreno

Location: Community Center, Room 204

1611.474 Sa 6/12-7/31 11 a.m.-12 p.m. 13 yrs+

## WOMEN'S SELF-DEFENSE

It is an unfortunate fact, but people must know how to defend themselves in today's society. We offer a class that provides a complete base of self-defense skills ranging from awareness to the use of weapons. This is a hands-on class and each person will take turns being both the attacker as well as the defender. We do this so you can practice the techniques, feel the techniques, and in turn, gain faith in those techniques. Come ready to jump in to action and have some fun! Class fee is \$30.

Instructor: Gene Potocki, Former US Army Ranger, 2nd Degree Black Belt.

Location: Community Center, Room tba

1612.474 Sa 6/26 10 a.m.-2 p.m. 16 yrs+

## Real Estate

*This set of three classes will bring you the very best fundamentals in Real Estate. Signing up for all three classes is recommended.*

### REAL ESTATE BASICS FOR BUYERS

If you are interested in buying real estate, then come join the exciting course for buyers. With interest rates as low as they have been in 30 years, buying a home is more affordable and more possible than ever! Class fee is \$9.

Instructor: Craig Akers

Location: Community Center, Room 203

1340.454 Th 6/10 7-9 p.m. 18 yrs+

### REAL ESTATE BASICS FOR SELLERS

Want to sell, but don't know where to start or who to go to for assistance? This class will make you feel confident and at ease about selling your home or property. Class fee is \$9.

Instructor: Craig Akers

Location: Community Center, Room 203

1341.454 Tu 6/15 7-9 p.m. 18 yrs+

### REAL ESTATE BASICS FOR INVESTORS

If you are interested in investing in real estate, this class is for you! Topics include finding property, appraisal methods, how to finance and manage the property, and much more! Class fee is \$9.

Instructor: Craig Akers

Location: Community Center, Room 202

1342.434 Th 7/8 7-9 p.m. 18 yrs+

## Shopping

### COUPON SENSE

Do you spend too much on groceries? In this workshop you will be taught how to save up to 50% on your grocery bill. You'll learn the best time to use your coupons, tips for greater savings, how to get organized, and easy to use filing system that allows you to clip only the coupons you plan to use. Couponing is not a nickel and dime savings - come learn how grocery shopping can be both fun and addicting! A \$2 supply fee is due to the instructor the night of class.

Class fee is \$7.

Instructor: Dawn Hedrick

Location: Santan K-8 Campus, Jr. High Band Room

7307.474 Sa 7/17 9:30-11 a.m. 18 yrs+

Location: Willis Jr. High, Room D3

6304.454 Th 6/24 7-8:30 p.m. 18 yrs+

### INTRODUCTION TO MYSTERY SHOPPER - OVERVIEW

Get paid to shop! Mystery shoppers are used in virtually every city in the United States and opportunities exist for stay at home moms, students and retired adults as well as those looking to supplement their income. This one-hour presentation will review the basic components to the industry of mystery shopping. Subjects, such as how to get started, payment structures and setting up a small business shall be discussed. Dr. Ilisha S. Newhouse, author of "Mystery Shopping Made Simple," which is published by McGraw-Hill, presents this course. Course fee is \$11.

Instructor: Dr. Ilisha S. Newhouse

Location: Community Center, Room 201

1343.454 M 6/14 6-7 p.m. 18 yrs+

1344.454 M 6/14 7-8 p.m. 18 yrs+

## Writing

### WOMEN'S VOICES: WRITING YOUR LIFE

Have you always wanted to write but don't know where to start? Do you lack the discipline to write regularly? Whether you want to write for the world or record your family history, this class will help you to find and explore your voice as a woman and as a writer. We will read short stories and poems by famous women writers and talk about how women's writing is different than men's. You will keep a journal, workshop your writing with the group, revise at least one piece and publish your work in our literary journal. This is a safe and supportive environment to help women of all ages develop their writing potential! Class fee is \$54.

Instructor: Nicole Lohrbeer

Location: Willis Jr. High, Room H4

6301.434 Tu 6/8-7/13 6-9 p.m. 16+ yrs